

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

A Publication from the Howard County Office on Aging and Independence

Volume 9, No. 5 May 2019

Older Adults Connect, Create and Contribute to Quality of Life in Howard County

Each year, more and more older adults are finding ways to make a positive impact in and around Howard County. Older adults who share their insight, talent and experience — as volunteers, employees, employers, educators, mentors, advocates, and more — benefit the entire community.

Since 1963, Older Americans Month (OAM) has been celebrated in May to recognize the contributions of this growing population. The 2019 theme — **CONNECT, CREATE, CONTRIBUTE** — encourages older adults and their communities to

- **CONNECT** with friends, family, and local services and resources;
- **CREATE** through activities that promote learning, health, and personal enrichment; and
- **CONTRIBUTE** time, talent, and life experience to benefit others.

This year during OAM, the Office on Aging and Independence (OAI) is sharing the experiences of older adults in Howard County who have found ways to connect, create and contribute to the quality of life in our community. Here are just some of their stories.

Connect... and Stay Connected

Ellicott City resident Jim Seewagen lives near two other community centers, yet he drives every weekday to the Glenwood 50+ Center in Cooksville. “I work out in the fitness room early, then often stay for activities such as pickleball, Pilates, and for talks about the Civil War,” he says. Jim’s wife, Linda has also formed a strong connection to the center. “The Glenwood 50+ Center has opened up a whole new world for me,” she says. “Jim and I have made so many new friends by taking advantage of all Glenwood has to offer,” she said.

Roz Havas also goes out of her way to regularly attend both the Bain and East Columbia 50+ Centers; and, since she has low vision, she relies on Paratransit to get to each center. “Roz is well-read, enjoys audiobooks and stays politically engaged,” says East Columbia 50+ Center Director Meridy McCague. “But she has told me that without access to transportation, she is not sure she would survive.”

Coordinated by OAI’s SeniorsTogether program, the Low Vision Group at the Bain 50+ Center offers peer support to older adults like Roz, and connects them to others with similar interests. Recently, the group visited the Maryland Technology Assistance Program in Baltimore to learn more about assistive technology options, including vision, hearing and independent living aids. “Outings like this not only offer low-visioned adults access to high-quality information and resources, they also create a sense of fellowship among members,” says Karen Hull, SeniorsTogether program manager.

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OLDER
AMERICANS
MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

A Message from Office on Aging and Independence Administrator **Jenna Crawley**



This May, we mark 56 years of honoring older Americans through recognition and celebration. Older Americans Month was established in 1963 by President John F. Kennedy and members of the National Council of Senior Citizens to acknowledge the contributions of older adults to our country. This year’s theme, Connect, Create, Contribute, highlights the importance of building social connections with friends, family and our communities; engaging in activities that promote lifelong learning, health and wellness; and lastly, giving of time, talent, and experience to benefit others.

When I think of older adults who connect, create, and contribute, I think of the overall impact that each of you have on our community. You are volunteers, employees, educators, mentors, advocates, and more. Our Howard County community is strengthened by your involvement, insight, and experience. This May, the Office on Aging and Independence celebrates the support and diversity of our older adult community; thank you for all you do!

For more information about how you can Connect, Create, and Contribute this May and throughout the year, check out our 50+ center events listings in this issue; follow us on Facebook at www.Facebook.com/HoCoCommunity; or visit us online at www.howardcountymd.gov/aging.

Loan Closet of Howard County Plans Its Second Expansion to Serve All Ages

Since the Loan Closet reopened in May 2016 in a new, larger space, Howard County residents have donated over 16,000 pieces of durable medical equipment and the center has provided more than 9,000 pieces of equipment to those in need. “We have been overwhelmed with the volume of requests and needs in addition to the generosity of donations,” says Loan Closet Manager Mary Becker. To respond to the increased need for its services, plans are underway for the Loan Closet to relocate to a new and even larger location in June 2019.

The expansion will enable Loan Closet staff to address the needs of all ages and abilities. To serve the broader needs of the community, the Loan Closet will accept donations of assistive technology including: communication, vision and reading aids; hearing and listening devices; daily living and mobility aids including durable medical equipment; and seating, positioning and pediatric equipment.

In addition to repurposing donated medical equipment, the Loan Closet provides instruction and education about its proper use, as well as referrals to other local resources and services. “The personal contact is at the heart of the service we provide to the community,” says Mary Becker. “It is never just about a piece of equipment. By learning about available resources and assistive technology, our clients are better able to maximize their highest potential of independence.”



Beyond its expansion this summer, the Loan Closet plans to partner with other organizations that provide similar services, with the goal of bringing them together in one location to serve Howard County residents of all ages and abilities. For updates on the new opening, visit www.howardcountymd.gov/loan closet.

Maryland Secretary of Disabilities Carol Beatty and Maryland Technology Assistance Program Director, Lori Markland, joined staff at the Loan Closet to celebrate National Assistive Technology Awareness Day on March 27.

Pictured, left to right, Chris Muller, Lynn Bingham, Margaret Fries, Andrea Bryant, Mary Becker, Jackie Scott (DCRS Director), Lori Markland, Carol Beatty, Jenna Crawley (Office on Aging and Independence Administrator), Cheryl Mattis (DCRS Deputy Director), Ofelia Ott (HCBS Division Manager), and Chris Moore (MAP Program Manager).

In-person Tax Credit Assistance Available

Howard County Executive Calvin Ball, the Howard County Department of Finance and Maryland Access Point (MAP) of Howard County have announced that in-person assistance will be available throughout the spring and summer to help applicants file for a variety of tax credits. A MAP counselor will help residents and business owners identify tax credits that might be available and offer guidance to complete required applications.

Tax payers should refer to taxcredits.howardcountymd.gov for a full list of credits, applications and requirements.

MAP counselors will be available at the Cashier's Office at the George Howard Building, 3430 Courthouse Drive in Ellicott City:

- **Wednesday, May 15 from 9 a.m. to 1 p.m.**
(Korean language assistance available)
- **Monday, July 15 from 9 a.m. to 1 p.m.**
- **Wednesday, August 7 from 8 a.m. to 5 p.m.**

In addition, MAP counselors are available at the Bain 50+ Center at 5470 Ruth Keeton Way in Columbia on Tuesdays, Wednesdays and Thursdays between 8 a.m. and 5 p.m. Or, call 410-313-1234 (voice/relay) during regular business hours to schedule an office, community or in-home appointment. Depending on the tax credit, applicants may need to have and/or submit tax filing(s), identification, and proof of residence documents.

Howard County Office on **Aging and Independence**

Department of Community Resources and Services

The 50+ Connection is published monthly by the Howard County Office on Aging and Independence.

This publication is available in alternate formats upon request. To join our subscriber list, email kahenry@howardcountymd.gov

9830 Patuxent Woods Drive, Columbia, MD 21046

410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

Kim Higdon Henry, Editor • Email: kahenry@howardcountymd.gov

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CONSUMER PROTECTION

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 Howard County Office of
Consumer Protection
Department of Community Resources and Services



PHONE 410-313-6420 (VOICE/RELAY)
EMAIL consumer@howardcountymd.gov

www.howardcountymd.gov/consumer

Explore Your Personal Health and Wellness Through New Perspectives

Explore avenues to health and wellness from multiple perspectives at the Elkridge 50+ Center on Friday, May 17 from 9:00 a.m. to 2:00 p.m. The event is presented in partnership with the Howard County Health Department and the Local Health Improvement Coalition (LHIC).

Your Health: Strength, Tranquility, Wellness kicks off at 9:00 a.m. with a free yoga class for 50+ center members (bring your own mat; class includes a chair option making it accessible for all).

Following yoga, all are invited to attend two featured seminars: **The Effects of Stress and How to Avoid Them** with Dr. Stephen Synowski at 10:00 a.m., and **HIV and Sexual Health for Older Adults** with Joan Garrity at 11:00 a.m. Seating is limited; call 410-313-5192 to reserve your seat for these informative programs.

Next up is a lunch and learn segment from noon to 1:15 p.m. with **Chef Taueret Thomas of Khepera's Kitchen**, featuring fresh vegetarian dishes. Lunch is offered by donation; reservations must be made at the Elkridge 50+ Center no later than May 10.

The one-day wellness program also includes health screenings for BMI (body mass index), stroke risk, and blood pressure through the **Journey to Better Health** program of Howard County General Hospital. Office on Aging and Independence staff will offer mental health screenings as well as guidance on proper exercise, movement



Friday, May 17 • 9:00 AM TO 2:00 PM
ELKRIDGE 50+ CENTER
6540 Washington Boulevard, Elkridge 21075

and support for chronic health conditions. **Maryland University of Integrative Health** practitioners will be onsite to discuss complementary alternative and integrative health practices. Free auricular acupuncture will be available from 9:00 a.m. to 1:00 p.m. on a first-come, first-served basis. **LHIC** will offer information on mental health and aging, **NARCAN®** training and provide medical disposal bags.

Space is limited, so don't wait — 50+ center members interested in attending the seminar(s) or lunch and learn are encouraged to call the Elkridge 50+ Center to reserve their space at 410-313-5192.

Not yet a member of the 50+ Center?
Stop by to join — MEMBERSHIP IS FREE!

Master Aging

Engage ♦ Educate ♦ Inspire

Howard Community College, 10901 Little Patuxent Parkway, Columbia, MD 21044

Presented by the Howard County Office on Aging and Independence

ANNOUNCING THE ALL-NEW, REINVENTED 50+EXPO FOR 2019!

Master Aging: Engage, Educate and Inspire debuts as a conference-style event with seminars, exhibitors and entertainment for the 50+ community. This new format replaces the 50+EXPO, and will take place on Saturday, October 19 from 10 a.m. to 3 p.m. at a new host location on the campus of Howard Community College (HCC) in Columbia.

Hosted by the Howard County Office on Aging and Independence, **Master Aging: Engage, Educate and Inspire** will be held in three buildings within easy walking distance of each other on HCC's campus — Duncan Hall, the Health Sciences Building and the Horowitz Visual and Performing Arts Center. Free onsite parking is available.

EVENT HIGHLIGHTS INCLUDE

- 62 vendor and sponsor booths, located in the three lobbies and one additional large room
- 10 informational and educational seminars
- two performances and keynote speaker in the Smith Theatre
- one panel discussion/demonstration in a 140-person capacity lecture hall
- snack and lunch sales from a variety of vendors in two lobbies, including coffee carts

GENERAL EVENT INFORMATION

www.howardcountymd.gov/masteraging • [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

VENDOR/EXHIBITOR INFORMATION

Lisa Brusio Coster at 410-442-3734 (voice/relay) or email lcoster@howardcountymd.gov

SATURDAY
OCTOBER 19
10 AM TO 3 PM

 Howard County Office on
Aging and Independence
Department of Community Resources and Services
www.howardcountymd.gov
PHONE 410-313-6410 (voice/relay)
FAX 410-313-6540 or email
EMAIL aging@howardcountymd.gov

50+ CENTER FEATURED EVENTS



Intergenerational Spring Dance

North Laurel 50+ Center

Thursday, May 2 • 11:00 to 11:30 a.m.

Don't miss the Reservoir High School Dance Troupe's performance of Contemporary, Jazz and Lyrical dance. FREE. Call 410-313-0380 to reserve a seat.

BETA Presents: The Soundtrack of Our Lives "From Elvis to the Beatles"

Bain 50+ Center

Friday, May 3 • 1:00 to 2:30 p.m.

Have you ever owned an RCA 45 turntable? Can you do the Twist, Mashed Potato, or Watusi? Do you know Motown's first hit? Connect with others who know the answers to these questions and more. FREE. Call 410-313-7213 to RSVP.

Older Americans Month BBQ

North Laurel 50+ Center

Wednesday, May 22 • Noon to 1:00 p.m.

Connect with community members and share a tasty BBQ meal with special musical entertainment. Cost: \$15 per person; for tickets, call 410-313-0380.

Animal Control Presentation

Elkridge 50+ Center

Thursday, May 23 • 10:15 to 11:15 a.m.

Howard County Animal Control will provide information on a variety of topics, including pet adoption, what animal is best for you, how to deal with nuisance wild life and much more. A surprise 4-legged friend needing a home may join us! FREE.

Memorial Day Picnic and Party

Glenwood 50+ Center

Friday, May 24 • 11:00 a.m.

Bring a friend and join us on the patio to dance to the steel drums of Orlando Philips. Catch up with other members and enjoy a cookout with hamburgers, hot dogs, beans, coleslaw and more. \$10; to register, call 410-313-5440.

AARP presents Smart Driver TEK Workshop

Ellicott City 50+ Fitness Center

Friday, May 31 • 10:30 a.m. to noon

Learn how to utilize the high-tech safety features in your car. Learn what to look for when shopping for a new car and the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more! FREE. Sign up in advance at 410-313-1400.

DIY Doormats

Glenwood 50+ Center

Wednesday, May 1 • 2:30 p.m.

Have some fun creating a statement coir doormat (made from stiff coconut fibers) to update your porch or step. Choose from six designs to personalize. \$20; class size is limited. To register, call 410-313-5440.

Eating for One with Carla Johnston

Elkridge 50+ Center

Saturday May 4 • 10:00 to 11:00 a.m.

Do you cook or eat alone and need some inspiration? Learn how to prepare nutritious meals for one and learn more about eating well. FREE. Call 410-313-5192 to register.

Fresh Conversations

East Columbia 50+ Center

Wednesday, May 8 • 11:30 a.m.

Enjoy a lovely lunch, then learn about beneficial gut bacteria and probiotics. What is fact and what is fad? Taste samples of healthy food you can make at home! Cost: lunch donation. To register, call 410-313-7680.

Birds and Butterflies Art Auction and Tea

East Columbia 50+ Center

Friday, May 10 • 1:00 p.m.

Kicking off our garden plans for native edibles, pollinators and a nod to bees, swallowtails and monarchs. The silent auction will benefit these ambitious plans. For reservations, call 410-313-7680; suggested donation \$8.

Retirement Planning for Single Women

Ellicott City 50+ Center

Tuesday, May 21 and June 11 • 11:00 a.m.

Financial Planner Michelle Kotler will present a program just for women to learn how to create a financial plan to "Retire Your Way." FREE; call 410-313-1400 to register.

Something's Fishy Party

Bain 50+ Center

Friday, June 7, 1:00 to 3:30 p.m.

The Coral Reef Encounter project will create a simulated coral reef in the MacGills Common Pool featuring hand-crafted fish, coral created from recycled objects, and reef photography on the pool walls. Join our fish-making party to create fanciful, fabric fish under the guidance of artist, Roslyn Zinner. FREE; all materials provided. Register at 410-313-7213.

For more information on the programs and activities at all 50+ Centers, go to www.howardcountymd.gov/50pluscenters

50+ CENTER FEATURED EVENTS



Mother's Day Plant Sale

North Laurel 50+ Center

Wednesday, May 15 • 10:00 a.m.

Support our annual plant sale and shop for annuals, perennials, herbs, vegetable plants and lovely hanging baskets, all grown by eMerge. To reserve a picnic box lunch, call 410-313-0380 (lunch donation suggested).

Support #MoveWithHeart

Bain 50+ Center

Thursday, May 16 • 10:00 a.m. to noon

Join the healthy heart movement — take the National Heart, Lung, and Blood Institute's (NHLBI) #MoveWithHeart pledge to become more physically active and fight heart disease, the leading cause of death in the U.S. Stop by to learn how, and get your blood pressure checked while there. FREE.

Pass On Your Pickleball Passion

Glenwood 50+ Center

Thursday, May 30 • 2:30 to 4:00 p.m.

Share your passion for pickleball. This intergenerational program will pair players with students from Glenwood Middle School for an afternoon of exercise, snacks and memories. Register in advance at 410-313-5440.

BAIN 50+ CENTER

5470 Ruth Keeton Way, Columbia
410-313-7213 • bain50@howardcountymd.gov

EAST COLUMBIA 50+ CENTER

6600 Cradlerock Way, Columbia
410-313-7680 • eastcolumbia50@howardcountymd.gov

ELKRIDGE 50+ CENTER

6540 Washington Blvd., Elkridge
410-313-5192 • elkridge50@howardcountymd.gov

ELLICOTT CITY 50+ CENTER

9401 Frederick Road, Ellicott City
410-313-1400 • ellicottcity50@howardcountymd.gov

GLENWOOD 50+ CENTER

2400 Route 97, Cooksville
410-313-5440 • glenwood50@howardcountymd.gov

LONGWOOD 50+ CENTER

6150 Foreland Garth, Columbia
410-313-7217

NORTH LAUREL 50+ CENTER

9411 Whiskey Bottom Road, Laurel
410-313-0380 • northlaurel50@howardcountymd.gov

Benefits of Physical Therapy

Ellicott City 50+ Center

Wednesday, May 8 • 11:00 a.m.

Physical therapists address aches and pains in most body parts. Find out how they treat common questions for common daily ailments and which treatments are most effective. Program led by Renuka Jain, DPT, COMT, a licensed physical therapist. FREE.

Exercise and Depression

Ellicott City 50+ Center

Thursday, May 9 • 11:00 a.m.

Exercise can be a powerful tool to combat depression. Malarie Burgess, OAI Exercise Specialist, will discuss the physiological and psychological benefits of exercise, and how to use exercise to fight depression. FREE.

Skin Cancer Screenings

Bain 50+ Center

Tuesday, May 28 • 9:30 to 11:30 a.m.

Chikoti Wheat, MD, Anne Arundel Dermatology, will provide complimentary skin cancer screenings of sun exposed areas, including face, head, neck, arms, hands, and legs. Bring your questions about dermatology and get advice on how to take care of your skin. Call 410-313-7213 or stop by the center to schedule your FREE screening.

Minding Our Mind: The Primary Driver for Quality of Life

East Columbia 50+ Center

Wednesday, May 29 • 1:00 p.m.

Kim Burton presents "Keys to Resiliency," how our thoughts and feeling impact our everyday living. Join us for dessert and coffee. FREE; call 410-313-7680 to register.

Annual Mother's Day Brunch

Bain 50+ Center

Friday, May 10 • 11:30 a.m. to 2:00 p.m.

This annual Mother's Day event honors all mothers and women who care for others, and will feature live entertainment by the Winstons with their "Memories of Motown." \$10; limited seating (see front desk for tickets).

Mother's Day with the Lyric

Elkridge 50+ Center

Monday, May 13 • 11:00 a.m. to 1:00 p.m.

Enjoy a live performance by the Lyric Opera House featuring Marian Anderson, followed by a catered lunch. Suggested lunch donation \$12; to be paid at registration. For additional information, call 410-313-5192.

Connect, Create and Contribute to Howard County

Continued from page 17

Create... a New Sense of Purpose at 50+ Centers

After two life-changing events (retirement and divorce) and relocating to Ellicott City, Lorna Kleinrock stopped by the Ellicott City 50+ Center to see what it had to offer. "I was cheerfully greeted by staff members, who answered my questions and gave me a tour of the facility." In her own words, Lorna "was hooked" and became a member. She currently participates in a variety of exercise classes and activities and volunteers at the fitness center front desk. "You can find me there at least four days a week! It is wonderful to see that facilities like this are available for active, older adults, which offer a wide range of activities and services in a fun, modern and safe environment."

When health issues forced Judith Garcia into an early retirement, she found a new sense of purpose at the North Laurel 50+ Center. "When I first came here, I was suffering from depression," she remembers. "The staff is great; they were sympathetic towards my needs, and suggested a number of activities to meet new people." While Judith continues to enjoy taking classes, it is the social interaction that keeps her coming back, as well as referring others.

Contribute... and Share Your Passions

Ride leaders Saul Zuckman and Jim Lubitz have been an integral part of OAI's Cycle2Health (C2H) program since it began in 2013, sharing their love for the sport with others. "I ride once or twice a week, and often find new routes to share with the group," says Jim. The program welcomes riders of all abilities, new or experienced. "No one's skills are judged," adds Saul, "And no riders are ever left behind."

Since moving to the area four years ago, Meme de Carvalho has been a regular on C2H casual rides and appreciates the encouragement and advice ride leaders provide.

"They are wonderful people, volunteering their time and experience to help others," says Meme. "I have developed lasting friendships with a great group of helpful, experienced riders who often plan get-togethers outside the program as well."

"It's important to recognize the contributions of older adults throughout

Howard County — not just this month, but all year long," says Jenna Crawley, OAI administrator. "Their support strengthens our community." For more information about Howard County 50+ Centers, visit www.howardcountymd.gov/50pluscenters or find us at www.facebook.com/HoCoCommunity.



Linda and Jim Seewagen, pictured above, enjoy a wide range of activities at the Glenwood 50+ Center, including pickleball, Pilates and book clubs, and have formed lasting friendships with other members.

P4C Pet Evaluations

MAY 2 AND JUNE 6 • 7 TO 9 PM

If you are interested in volunteering, or wish to receive a FREE evaluation for your pet, contact:

Ingrid Gleysteen, PROGRAM COORDINATOR

igleysteen@howardcountymd.gov
410-313-7461 (voice/relay)



Bain 50+ Center

5470 Ruth Keeton Way
Columbia 21044



MEDICARE EDUCATION

PRE-REGISTRATION IS REQUIRED

410-313-7389

Medicare 101 and 102

A two-part introduction for those new to Medicare. Learn about original Medicare (Parts A and B), Prescription Drug Coverage (Part D), Medicare Health Plans (Part C), and Medicare Supplemental Policies

Monday, June 10 and 17 • 2:00 to 3:30 PM

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

Wednesday, July 17 and 24 • 10:00 to 11:30 AM

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21043

FREE information presented by SHIP

For additional assistance with Medicare questions and concerns, call SHIP at 410-313-7392 (voice/relay).

FOR OTHER UPCOMING PRESENTATIONS, VISIT
www.howardcountymd.gov/SHIP

The State Health Insurance Program (SHIP) is part of the Howard County Office on Aging and Independence

Cycle2Health

HOWARD COUNTY



With warmer weather finally here, why not shake up your exercise routine to include an outdoor activity that is both a workout and offers the opportunity to make new friends?

The Cycle2Health (C2H) Howard County, a non-competitive, peer-led, bicycling club for adults of all ages and riding abilities, is coordinated by the Health & Wellness Division of the Howard County Office on Aging and Independence. The program offers three ride options each week for new or experienced cyclists to explore the beauty of Howard County from a new perspective and meet new people.

Josie Zayac, 59, joined C2H two years ago, when she retired from teaching. "I love that three levels of rides are offered each week. That way I get to try different routes around Columbia that I wouldn't have done on my own. It's also nice to meet active seniors with a common interest. I especially like the rides that include a stop for refreshments!"

For more about the C2H program, or to register, visit www.howardcountymd.gov/C2H or stop in your nearest 50+ center to register in person (\$15 annual fee applies). The first casual ride is Tuesday, May 7; moderate and advanced rides begin Thursday, May 9.

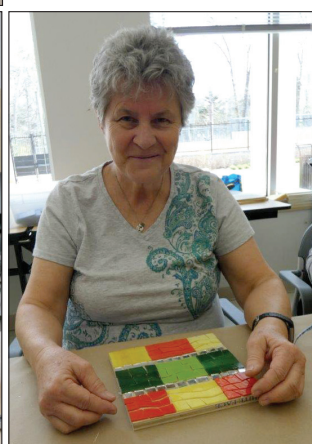
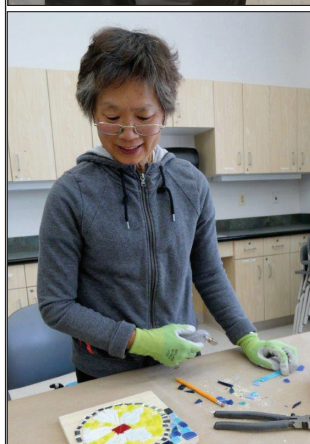


THE MOSAIC PROJECT




The Third Annual Mosaic Workshop with American Visionary Art Museum instructor Joe Walls (left) took place in April at the North Laurel 50+ Center. Twenty 50+ Center members and Connections participants from around the county participated in the hands-on art activity which fosters individual creative expression while creating a collective mosaic installation.

The completed mosaic panel will be permanently installed at North Laurel later this spring. The Howard County Arts Council provides grant support for this project.



Wine in the Woods



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THIS EVENT IS FOR 21 & OVER. PHOTO ID REQUIRED.
DESIGNATED DRIVER TICKET PROGRAM AVAILABLE.

**Howard County
Commission for Women**
Department of Community Resources and Services
invites you to a free screening of

MISS REPRESENTATION

A documentary written, directed and produced by Jennifer Siebel Newsom, *Miss Representation* exposes how mainstream media and culture contribute to the underrepresentation of women in positions of power and influence.

**Thursday, May 2
6:00 to 8:30 pm**

The Bain Center
5470 Ruth Keeton Way
Columbia, MD 21044

FREE Admission. Register here:
cfwfilmscreening.eventbrite.com

To request accommodations, call
410-313-6400 one week in advance.



BARBARA BERG
CAROLINE HELDMAN
CATHERINE HARDWICKE
CONDOLEEZZA RICE
CORY BOOKER
DAPHNE ZUNIGA
DIANNE FEINSTEIN
DOLORES HUERTA
GAVIN NEWSOM
GEENA DAVIS
GLORIA STEINEM
JACKSON KATZ
JANE FONDA
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JENNIFER POZNER
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KATIE COURIC
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NANCY PELOSI
PAT MITCHELL
PAUL HAGGIS
RACHEL MADDOW
ROSARIO DAWSON

join the movement
missrepresentation.org
text represent to 313131

OFFICIAL SELECTION
2011
SUNDANCE
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OWN | DOCUMENTARY CLUB

You can't be what you can't see.

2019 MARYLAND LAW DAY Wednesday, May 1 • 9:00 AM TO 1:00 PM

HOWARD COUNTY LAW DAY: **FREE Medical Decision Document Preparation**

Ensure that your preferences for medical treatment are honored should you become incapacitated or unable to express your wishes. Volunteer attorneys will offer free preparation of Maryland medical decision documents at the Howard County 50+ Centers.

Call the center nearest you for an appointment.

Bain 50+ Center	410-313-7213
East Columbia 50+ Center	410-313-7680
Elkridge 50+ Center.....	410-313-5192
Ellicott City 50+ Center	410-313-1400
Glenwood 50+ Center.....	410-313-5440
Longwood 50+ Center	410-313-7217
North Laurel 50+ Center	410-313-0380

www.howardcountymd.gov/aging

Seniors Together CONNECT • LEARN • GROW

BEREAVEMENT GROUP

Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075

Begins Friday, May 3 • 2:30 to 4:00 p.m.

A multi-week group for anyone mourning the loss of a loved one. Explore the process of mourning, coping strategies, and life beyond grief in a supportive atmosphere. Generally recommended for anyone bereaved more than two months and less than two years. Pre-registration required by April 29. A nominal fee applies.

FOR ADDITIONAL INFORMATION, CONTACT
Karen Hull at 410-313-7466 (VOICE/RELAY)
or khull@howardcountymd.gov

www.howardcountymd.gov/sentog